



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01021, Cheese, gjetost

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	13.44	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Energy	kcal	466	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Energy	kJ	1948	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	9.65	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Total lipid (fat)	g	29.51	--	0.267	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Ash	g	4.75	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Carbohydrate, by difference	g	42.65	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
<strong>Minerals</strong>													
Calcium, Ca	mg	400	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Iron, Fe	mg	0.52	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Magnesium, Mg	mg	70	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Phosphorus, P	mg	444	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Potassium, K	mg	1409	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sodium, Na	mg	600	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Zinc, Zn	mg	1.14	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Copper, Cu	mg	0.080	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Manganese, Mn	mg	0.040	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Selenium, Se	µg	14.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin	mg	0.315	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Riboflavin	mg	1.382	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Niacin	mg	0.813	--	0.000	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Pantothenic acid	mg	3.351	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin B-6	mg	0.271	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Folate, total	µg	5	--	0.849	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	--	0.849	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-12	µg	2.42	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Vitamin A, RAE	µg	334	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Retinol	µg	334	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2002
Vitamin A, IU	IU	1113	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
<b>Lipids</b>													
Fatty acids, total saturated	g	19.160	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
4:0	g	0.957	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
6:0	g	0.566	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
8:0	g	0.330	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.576	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.831	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	3.270	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	8.662	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	3.477	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	7.879	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:1 undifferentiated	g	0.534	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	6.955	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total polyunsaturated	g	0.938	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:2 undifferentiated	g	0.508	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.429	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Cholesterol	mg	94	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
<b>Amino Acids</b>													
Tryptophan	g	0.135	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Threonine	g	0.393	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Isoleucine	g	0.519	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Leucine	g	0.992	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Lysine	g	0.814	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Methionine	g	0.318	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phenylalanine	g	0.540	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Tyrosine	g	0.541	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Valine	g	0.765	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Arginine	g	0.330	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Histidine	g	0.293	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Alanine	g	0.325	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Aspartic acid	g	0.709	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glutamic acid	g	1.987	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Glycine	g	0.189	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Proline	g	1.180	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Serine	g	0.470	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
<b>Other</b>													